



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 03685, Babyfood, cereal, mixed, prepared with whole milk ^a

Report Date: June 24, 2017 22:51 EDT

Nutrient values and weights are for edible portion.

Food Group : Baby Foods

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g
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Proximates

Water	g	79.21	--	--	22.46
Energy	kcal	96	--	--	27
Energy	kJ	402	--	--	114
Protein	g	4.14	--	--	1.17
Total lipid (fat)	g	3.38	--	--	0.96
Ash	g	0.96	--	--	0.27
Carbohydrate, by difference	g	12.30	--	--	3.49
Fiber, total dietary	g	0.8	--	--	0.2
Sugars, total	g	4.78	--	--	1.36
Sucrose	g	0.00	--	--	0.00
Glucose (dextrose)	g	0.00	--	--	0.00
Fructose	g	0.00	--	--	0.00
Lactose	g	4.50	--	--	1.28
Maltose	g	0.00	--	--	0.00
Galactose	g	0.00	--	--	0.00

Minerals

Calcium, Ca	mg	220	--	--	62
Iron, Fe	mg	10.43	--	--	2.96
Magnesium, Mg	mg	20	--	--	6
Phosphorus, P	mg	118	--	--	33
Potassium, K	mg	166	--	--	47
Sodium, Na	mg	42	--	--	12
Zinc, Zn	mg	0.59	--	--	0.17

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Copper, Cu	mg	0.059	--	--	0.017
Manganese, Mn	mg	0.004	--	--	0.001
Selenium, Se	µg	6.1	--	--	1.7
Vitamins					
Vitamin C, total ascorbic acid	mg	0.3	--	--	0.1
Thiamin	mg	0.308	--	--	0.087
Riboflavin	mg	0.448	--	--	0.127
Niacin	mg	3.880	--	--	1.100
Pantothenic acid	mg	0.450	--	--	0.128
Vitamin B-6	mg	0.053	--	--	0.015
Folate, total	µg	9	--	--	3
Folic acid	µg	0	--	--	0
Folate, food	µg	9	--	--	3
Folate, DFE	µg	9	--	--	3
Choline, total	mg	15.3	--	--	4.3
Betaine	mg	0.5	--	--	0.1
Vitamin B-12	µg	0.40	--	--	0.11
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	41	--	--	12
Retinol	µg	40	--	--	11
Carotene, beta	µg	7	--	--	2
Carotene, alpha	µg	1	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	146	--	--	41
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	16	--	--	5
Vitamin E (alpha-tocopherol)	mg	0.47	--	--	0.13
Vitamin E, added	mg	0.00	--	--	0.00
Tocopherol, beta	mg	0.02	--	--	0.01
Tocopherol, gamma	mg	0.00	--	--	0.00
Tocopherol, delta	mg	0.03	--	--	0.01
Vitamin D (D2 + D3)	µg	1.1	--	--	0.3
Vitamin D3 (cholecalciferol)	µg	1.1	--	--	0.3

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Vitamin D	IU	45	--	--	13
Vitamin K (phylloquinone)	µg	0.4	--	--	0.1
Lipids					
Fatty acids, total saturated	g	1.745	--	--	0.495
4:0	g	0.066	--	--	0.019
6:0	g	0.066	--	--	0.019
8:0	g	0.067	--	--	0.019
10:0	g	0.066	--	--	0.019
12:0	g	0.069	--	--	0.020
13:0	g	0.000	--	--	0.000
14:0	g	0.265	--	--	0.075
15:0	g	0.000	--	--	0.000
16:0	g	0.810	--	--	0.230
17:0	g	0.000	--	--	0.000
18:0	g	0.330	--	--	0.094
20:0	g	0.000	--	--	0.000
22:0	g	0.000	--	--	0.000
24:0	g	0.000	--	--	0.000
Fatty acids, total monounsaturated	g	0.855	--	--	0.242
14:1	g	0.000	--	--	0.000
16:1 undifferentiated	g	0.001	--	--	0.000
18:1 undifferentiated	g	0.854	--	--	0.242
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.359	--	--	0.102
18:2 undifferentiated	g	0.284	--	--	0.081
18:3 undifferentiated	g	0.071	--	--	0.020
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Cholesterol	mg	9	--	--	3

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g
Amino Acids					
Tryptophan	g	0.064	--	--	0.018
Threonine	g	0.190	--	--	0.054
Isoleucine	g	0.244	--	--	0.069
Leucine	g	0.440	--	--	0.125
Lysine	g	0.166	--	--	0.047
Methionine	g	0.091	--	--	0.026
Cystine	g	0.052	--	--	0.015
Phenylalanine	g	0.202	--	--	0.057
Tyrosine	g	0.186	--	--	0.053
Valine	g	0.239	--	--	0.068
Arginine	g	0.142	--	--	0.040
Histidine	g	0.097	--	--	0.027
Alanine	g	0.153	--	--	0.043
Aspartic acid	g	0.286	--	--	0.081
Glutamic acid	g	1.099	--	--	0.312
Glycine	g	0.126	--	--	0.036
Proline	g	0.412	--	--	0.117
Serine	g	0.155	--	--	0.044
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0

Footnotes

^a Prepared with 1/4 cup dry cereal and 1/2 cup whole milk.